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When you eat out

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FOOD FOR FREEDOM

U. S. DEPARTMENT OF AGRICULTURE
AWI-5

PLAN YOUR MEALS YOUR WORK

Are you one of the millions who eat out—one, two, or three times a day?

You can help yourself to health, energy, and good cheer, and help the Nation better, too, if you eat the right food to keep fit.

The right daily foods supply building and repair materials to the body . . . fuel for the engine . . . ward off some kinds of disease. No one food can do everything. It takes a number of kinds to keep fit.

Follow the Daily Eight

Here is a handy guide, with vitamins and the rest all figured in.

1. Milk—Adults need at least 1 pint.

2. Tomatoes, Oranges, Grapefruit, Raw Cabbage, or Salad Greens—1 or more servings.

3. Green or Yellow Vegetables—1 or more servings.

4. Other Vegetables or Fruit—2 or more servings. (Among these include potatoes and apples.)

5. Lean Meat, Poultry, Fish, or Sometimes Dried Beans, Peas, or Nuts—1 or more servings.

6. Eggs—1 a day, or at least 3 or 4 a week cooked as you like or in made dishes.

7. Cereals and Bread—2 or more servings of whole-grain or "enriched" products.

8. Butter and Other Fats.

Use sweets in moderation to make food taste good, but not enough to spoil the appetite.

WHETHER YOU WORK in a factory, outdoors, or at a desk, you need some food in every group on the Daily Eight list.

Workers who use their muscles or stand on their feet require bigger helpings, plenty of foods that give energy—the starches, sweets, and fats. Those who do white-collar work as a rule require less energy food, and may well choose more salads, green vegetables, and fruits.

To get the Daily Eight into meals you buy, plan ahead. Also, before dinner, think back to what you have eaten that day and fill in gaps.

How much water you need depends on many things—such as the time of the year or the work you do. But don't forget to drink water.

If it's "one meal eaten out and two at home" each day, tell the person who plans family meals what the bought meals are like, so that anything lacking may be supplied at home.

Topsy-Turvy Hours

Now that war production speeds night and day, thousands of workers eat at topsy-turvy hours. Whatever the hours of the working shift, don't eat hit-or-miss meals. Remember the Daily Eight.

For night workers, four meals are often better than three. A good schedule may be: A hearty breakfast on getting home from work, before sleep; a light meal on waking; a more substantial meal later, before work; and a night lunch during work hours.

Cafe . . . Cafeteria . . . Counter . . .

Wherever you eat, be a good food shopper.

When you can choose an eating place, choose with care. Look for a clean, cheerful place that serves a variety of food, well cooked.

In buying meals, get good nourishment for the money. Food that costs little is often a real buy.

The smart shopper reads both columns of a bill of fare . . . judging price and food list together.

Before taking "specials" on the bill of fare, here's the big question: "Is this combination of food what I need?" Take advantage of bargains, provided you don't fill up on one line of food and miss eating green vegetables, or fruit, or milk.

Some people let their food dislikes keep them from a round-up of all the food that they need.

Try something new or something not liked, as an adventure. If you don't enjoy a food, try again . . . eat a little. Try it served another way.

When rushed at mealtime, keep your head. Think carefully what to buy.

Think on Your Feet

In a cafeteria, the early thinker gets the best-planned meal. Before loading a tray, decide on a meal plan. Then, if something looks especially good, fit it in.

When buying sandwiches, say "on rye" or "on whole-wheat" or ask for "enriched" bread.

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When You Carry Your Own

You can carry lunch in a box or pail and still have a complete and satisfying meal. An active worker may need as much as one-third of the day's food at lunch time. Furthermore, lunch should be appetizing and easy to eat.

Whether you pack your own or someone packs lunch for you, here are suggestions to use . . . or to pass along:

In Sandwiches—Use whole-wheat, rye or "enriched" bread; now and then rolls, corn bread, or biscuit.

As Sandwich Fillings—Don't forget baked beans with or without catsup . . . eggs firmly fried or scrambled . . . fish . . . chopped liver . . . corned beef . . . peanut butter or peanuts ground up and mixed with top milk . . . cheese many ways.

Vary the flavor of sandwiches with pickle, mustard, onion, catsup, horseradish, or salad dressing.

Fruit Every Day—Always include an orange, an apple, or some other fruit. When fresh fruits are scarce, use dried fruit, or canned fruit in a small jar with a tight top.

Raw Vegetables—For something crisp and for added vitamins and minerals, put in carrot strips or wedges of cabbage, celery, cucumber sticks, turnip sticks, or pieces of cauliflower. Whole tomatoes with salt are good. Sometimes make a raw-vegetable sandwich—with chopped water cress in butter, for instance.

To Eat Out of Hand—Pieces of cold meat or cheese may be tucked in, well wrapped . . . or hard-cooked eggs with salt . . . nuts . . . cookies . . . cupcakes . . . turnovers.

To Drink—A small vacuum bottle carries hot and cold drinks of many kinds . . . milk, soup, tomato juice, cocoa, tea, the popular half-coffee-half-milk.

Salt in Summer—For the man who does hard, active work, put in extra salt in hot weather unless salt is provided where he works. Losing very much salt in perspiration may cause "heat cramps."

A Word of Warning—Some foods, such as meats, salads, and egg dishes, may spoil if not kept cool enough. Be especially careful with these in hot weather.

? ? ? Ask Yourself ? ? ?

The following quiz will show strong and weak points in daily eating:

1. Which—if any—of the Daily Eight am I likely to skip?
2. Do I eat so much of one kind of food that other needed kinds are left out?
3. If something important is lacking in meals one day, do I make it up next day?
4. When I "eat" milk in custard, cheese, or other ways instead of drinking 2 glasses a day, do I get the pint or more needed?
5. Is there too little fruit in meals? Can I supply it at home?
6. When I eat between meals, how well do the extras help with the Daily Eight?
7. Do food dislikes keep me from a well-balanced day's eating?
8. Do I steer clear of food fads and fancies?

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